UNL Husker Mobile Beef Lab Lesson 2
Nutritional Aspects of Beef as a Source of Protein in Human Health

How many servings of beef do you eat in a day?

1) 1
2) 2
3) 3
4) 4
5) 0

How many servings a month?

1) 1-5
2) 6-15
3) 16-30
4) 31-50
5) 50-100
6) 0

This super burger is 54 burgers thick.
Imagine, if you ate a hamburger a day for two months, it would almost be this much beef!

How many pounds of beef do you think that adds up to in a month?

1) 5
2) 10
3) 15
4) 20
How many pounds of beef does each person in the U.S. eat each year?

1.) 1-25 lbs.  2.) 25-50 lbs.  3.) 50-75 lbs.  4.) 75-100 lbs.  5.) 100-150 lbs.

A proper portion of meat is the same size as?

1.) Dinner Plate  2.) Paperback Book  3.) Deck of Cards

A 3-ounce serving of lean beef equals what percent of calories to a 2,000-calorie diet?

1.) 5%  2.) 10%  3.) 15%  4.) 20%  5.) 25%

How many calories are in a lean 3-oz. serving of beef? 

[Calories: 3 10 5 18 4]
How many pounds of beef does each person in the U.S. eat each year?

1.) 1-25 lbs.  2.) 25-50 lbs.  3.) 50-75 lbs.  4.) 75-100 lbs.  5.) 100-150 lbs.

On the average, each person in the U.S. eats approximately 59.7 lbs. of beef each year.

A proper portion of meat is the same size as?

1.) Dinner Plate  2.) Paperback Book  3.) Deck of Cards

A 3-ounce serving of lean beef equals what percent of calories to a 2,000-calorie diet?

1.) 5%  2.) 10%  3.) 15%  4.) 20%  5.) 25%

How many calories are in a lean 3-oz. serving of beef?

179
Beef contains some very important nutrients. Do you know what key nutrients beef can provide in our diet?

What does ZIP stand for?

Beef is known as a _____ protein source.
1.) Complex  2.) Linked  3.) Complete
4.) Artificial  5.) Conjugated

True or False:

- Iron carries oxygen to the body’s blood cells.
- There are only 3 nutrients your body gets from beef.
- Protein aids fat-soluble vitamins (A,D,E,K) in digestion.
- Vitamin B12 is especially important from beef.
Beef contains some very important nutrients.

Do you know what key nutrients beef can provide in our diet? ____________

This lesson discussed 7 different nutrients: Zinc, Iron, Protein, Vitamins B₃, B₆, B₁₂

What does ZIP stand for? ____________

ZIP stands for Zinc, Iron, Protein

Beef is known as a ____ protein source.

1.) Complex  2.) Linked  3.) Complete

4.) Artificial  5.) Conjugated

True or False:

♦ Iron carries oxygen to the body’s blood cells. **True!**
♦ There are only 3 nutrients your body gets from beef. **False!**
♦ Protein aids fat-soluble vitamins (A,D,E,K) in digestion. **False!**
♦ Vitamin B₁₂ is especially important from beef because it aids in appetite control. **True!**
♦ Conjugated linoleic acid, a fatty acid, has positive health benefits. **True!**